ABSTRACT OF THE DISCLOSURE

To provide an adjustable bed that assists a user to
turn comfortably in his or her sleep without mental stress.
Once an automatic mode starts, measurement on the depth
5 of sleep of the user lying on the bed is launched. The
depth of sleep is measured by detecting biological
information such as brain waves, heart rate, and
respiratory rate of the user using electrode sensors or
the like, and analyzing the biological information
10 according to a polysomnography method or the like. If the
depth of sleep is 0, i.e., the user is in REM sleep, and
if one hour or more has passed since the measurement is
launched or since an immediately preceding turn operation,
a turn operation is performed to turn the user.

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